MARY ALICE WARREN COMMUNITY CENTER UPCOMING PROGRAMS

AMERICAN MAHJONG

EVERY MONDAY, 1:00PM-5:00PM

CLASS IS FREE! REGISTRATION IS REQUIRED. NEW CLASSES BEGIN FIRST MONDAY OF EACH MONTH. TO REGISTER CONTACT KATHY RYCKMAN, RYCKMAN6@GMAIL.COM

CARD GAME CLASS

EVERY WEDNESDAY, 1:00PM-4:00PM

CLASS IS FREE! JOIN INSTRUCTOR BETH DELLER AS SHE WILL BE TEACHING DIFFERENT CARD GAMES. THE FIRST GAME SHE WILL BE TEACHING IS PENNIES FROM HEAVEN. REGISTRATION IS REQUIRED. TO REGISTER CONTACT BETH AT <u>BETH.DELLER@COMCAST.NET</u> OR <u>772-321-2866</u>.

FAIRY HAIR CLASS

JULY 8 & 22, 10:00AM-11:00AM

KERRY BRISTOL WILL BE TEACHING YOU HOW TO DO FAIRY HAIR. \$10 PER CLASS. FOR MORE INFORMATION AND TO SIGN UP <u>CLICK HERE</u>. FOR ANY QUESTIONS CALL KERRY BRISTOL AT (732) 673-9376.

FAMILY ART DROP-IN

JULY 22, 12:00PM-3:00PM

ARTIST SEANN VINCENTE WILL GUIDE YOU AS YOU CREATE YOUR OWN WORKS OF ART. CLASS IS FREE! CLICK HERE TO REGISTER. FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON WITH THE ARTS COUNCIL WINSTON-SALEM & FORSYTH COUNTY AT <u>CBOYNTON@INTOTHEARTS.ORG</u>.

LINE DANCING

EVERY TUESDAY, 5:30PM-7:30PM (NO CLASS JULY 4)

\$7 PER CLASS. CONTACT JACKIE PHILLIPS TO REGISTER AT 727-776-1555 OR JPWOMAN@MSN.COM

MEDITATIVE MOVEMENT

EVERY TUESDAY, 10:30AM-12:00PM (NO CLASS JULY 4) CLASS IS FREE! CONTACT BETH BEAN TO REGISTER AT ELBEDAL99@GMAIL.COM OR

336-408-9899

MEDITATIVE MOVEMENT & DANCE WORKSHOP

JUNE 28, 29, & 30, 9:00AM-12:00PM

JOIN BETH BEAN FOR THIS SPECIAL GATHERING WHERE WE WILL MOVE, CELEBRATE, AND DEEPEN INTO THE SACRED GESTURES OF COSMIC DANCE THAT HARMONIZE BODY, SOUL, AND SPIRIT. \$45 SUGGESTED FEE OR PAY WHAT YOU CAN. CONTACT BETH BEAN TO REGISTER AT ELBEDAL99@GMAIL.COM OR 336-408-9899.

MOBILITY & CLASS FLEXIBILITY

EVERY MONDAY AND WEDNESDAY IN JULY, 11:00AM-12:00PM (NO CLASS JULY 3) WINSTON WELL-BEING WILL BE OFFERING CLASSES ON MOBILITY AND FLEXIBILITY TRAINING FOR LIVING YOUR BEST LIFE. THE MONTHLY SERIES OF 6 CLASSES IS \$90. FOR MORE INFORMATION AND TO REGISTER PLEASE CALL MICHAEL FITZPATRICK AT (336) 995-6910 OR EMAIL AT WINSTONWELLBEING@GMAIL.COM.

JULY 13, 18, & 27, 10:00AM-11:00AM

MOMMY & ME A YOU & ME STYLE CLASS WHERE YOU DANCE, HOP, WIGGLE, MARCH AND SING ALONG TO SONGS. \$13 PER CLASS. TO REGISTER CLICK HERE OR EMAIL COURTNEY COTTONE AT COURTNEYCOTTONE29@OUTLOOK.COM

THE SKETCHBOOK WORKSHOP

JULY 5 & 19, 9:30AM-11:30AM

ART THROUGH GUIDED MEDITATION. CLASS IS FREE! PARTICIPANTS WILL NEED TO BRING THEIR OWN MATERIALS. THE LIST OF MATERIALS INCLUDES A SKETCHBOOK AND PENCILS, PENS, OR COLORED PENCILS. FOR QUESTIONS AND TO REGISTER PLEASE CONTACT SUSAN FULCHER AT 336-766-4217 OR SUSANCFULCHER@GMAIL.COM.

BEGINNER CLASS - JULY 10, 17, 24, & 31, 5:00PM-6:30PM

JOIN INSTRUCTOR SUE RICE AS SHE TEACHES A SHAG DANCE CLASS. NO PARTNER IS NEEDED TO BEGIN. PLEASE SHAG DANCE WEAR SMOOTH BOTTOM SHOES. COST IS \$50 FOR THE 4-CLASS SESSION. FOR MORE INFORMATION AND TO **REGISTER PLEASE CALL INSTRUCTOR SUE RICE AT 336-765-7898.**

STORY TIME SERIES

CLASS

JULY 22, 11:00AM-12:00PM

JOIN OUR STORYTELLERS ON FUN ADVENTURES AND PERFORMANCES. CLASS IS FREE! CLICK HERE TO REGISTER. FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON WITH THE ARTS COUNCIL WINSTON-SALEM & FORSYTH COUNTY AT CBOYNTON@INTOTHEARTS.ORG.

SWING DANCE LESSONS

JULY 1, 10:00AM-1:00PM

LEARN FROM EXPERIENCED INSTRUCTORS FROM CAT'S PAJAMAS AND DANCE TO MUSIC BY SALEM SWING BAND. THE LESSON IS FREE AND GEARED TOWARDS BEGINNERS

YOGA CLASS

EVERY TUESDAY, 6:00PM-7:00PM (NO CLASS JULY 4) INSTRUCTOR BRIAN BRISTOL WILL BE TEACHING A VINYASA FLOW CLASS FOR ALL LEVELS. \$10 PER CLASS. FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT BRIAN BRISTOL AT 704-438-5663 OR BBRISTOL01@GMAIL.COM.

ZUMBA CLASS

EVERY MONDAY & WEDNESDAY, 6:30PM-7:30PM (NO CLASS JULY 3 OR 5) JOIN INSTRUCTOR TAYLOR LAZEAU FOR THIS ZUMBA CLASS FOR ALL LEVELS. \$7 PER CLASS. FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT TAYLOR LAZEAU AT TAYLORLAZEAU@GMAIL.COM.

FOR DETAILED INFORMATION ON ALL PROGRAMS PLEASE CLICK HERE

SIGN UP TO GET MONTHLY PROGRAM UPDATES BY CLICKING HERE

(336)-866-0525

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